

### **SAC 3: Information Brochure**

#### *Issues facing Australia's health system: use of complementary and/or alternative health services*

Complementary or alternative health services are those that are outside of what is traditionally called 'western' or 'modern' medicine.

Modern medicine has been developed through scientific research and its focus is on the symptoms of illness. The mind and body are typically viewed as separate entities. Complementary medicine, however, has traditionally taken a more holistic approach, treating the whole person rather than just the specific condition or symptoms. Complementary medicine usually focuses on natural remedies rather than synthetic drugs. Most of these therapies are based on traditional knowledge and therefore often lack the scientific basis and evidence of most western medicines.

#### **What to do:**

Create an information brochure including the following information:

1. The difference between 'Modern' medicine and 'Complementary' health services.
2. Explain how the effect of the increasing number of patients using complementary health service has on our healthcare system.

Choose **one** Complementary health care service from the following list:

Acupuncture, Osteopathy, Aromatherapy, Massage, Naturopathy, Meditation, Chiropractic, Homeopathy, Chinese medicine, or Hypnotherapy

3. Explain in detail what this service is and the treatment it provides for its patients.
4. Choose a medical illness that would seek this alternative health service and provide specific information regarding the treatment recommended.
5. Compare the treatment/s to modern medical treatment that would be recommended.
6. Provide your opinion on which service would be more effective for the patient. Explain your opinion.
7. Should this complementary treatment be included in government rebates such as Medicare and the PBS. Argue your opinion.

### Criteria for Outcome 3

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